

Nov 3rd 2008

State of Washington

Dear Linda

I would like to start off with Thanking the state of Washington for the concern of my health. Linda now with that said I would like to ask a few question on the behalf of the state of Washington. How can the state of Washington decide how many opiates a person can take per day? As we all know every one person is completely different and they react to things differently.

I am mentally competent adult that was diagnosed with Fibromyalgia about 7 years ago at OSHU in Portland Oregon. I suffered for more than one year before the doctors diagnosed me. I will tell you I was living in HELL! I could only go to work at times.

Once I was finally diagnosed with the chronic decease Fibromyalgia my doctors sent me through a chronic pain program. Once I completed the 8wk program. The pain clinic set me up on an opiate contract. At that time I was prescribed about half of the medication I am on today through the Payette clinic. My previous pain clinic prescribed the drug Oxycotin a long acting opiate. I was on that medication for about three months. I could not function on that medication because it made me very tired. So at that time they set me up on Oxycodone Short acting medication and that agreed with me. We all know if someone is taking a short acting pain medication rather that a long acting pain medication they will have to take more. The medication the pain clinic prescribed me was only enough to barley get me through my work day then I would come home and go to bed. I was still in pain so I had to go to bed and miss out on the entire things my family did. I explained to my family I just could not do it and they would have to do it without me!

My previous doctors/nurses monitored my opiate contract. The doctor's office would have me take a random urine test. They never did a pill count.

I changed health insurance providers so there for I could not continue to go through that pain clinic. I was referred to the Payette Clinic.

I went to the Payette Clinic. Kelly Belle said I would need a referral to be able to be seen at the Payette Clinic. I then receive a referral. I have been seen through Payette Clinic since August of 2007. Once I went through the pain intake class I was set up on an opiate contract. They started me off with the same amount my previous pain clinic had me on which was clearly not enough. I went in to the Payette Clinic every two weeks until I was on the correct amount of medication.

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I will tell the state of Washington that the Payette Clinic monitors my opiate contract closely. They ask for random urine test. The Payette clinic also did a pill count every two weeks when I was a new patient now I am required to do a pill count once a month. Payette Clinic also does random pill counts. They have a NO TOLERANCE RULE that if the patient does not have the correct amount of medication the patient will not get their prescription refilled do to breaking their opiate contract with Payette Clinic. I realize that I am prescribed a large opiate prescription each month. I would like the state of Washington to UNDERSTAND THAT I AM MONITORED VERY CLOSELY.

I thank my doctor/nurse often because I finally found a doctor/nurse that understands the pain that I was in. I now am able to do things with my family that I could not do before.

As a mentally competent adult with a chronic decease I feel that the state of Washington's (DOSAGE GUIDELINE OF 120MG PER DAY VOLATES MY RIGHTS UNDER THE ADA FEDERAL CIVIL RIGHTS STATUTES AND THE UNITED STATES CONSTITUTION.) Common issues exist regarding treatment of persons with disabilities who have chronic pain.

I feel very fortunate that I have found a doctor/nurse at the Payette Clinic that understands that each patient is different. At the Payette Clinic the doctor/nurse they treat each individual patient as an individual not as a group like the state of Washington is trying to do. I know there are a lot of different types of chronic pain and each individual has different pain then the next individual and the Payette Clinic recognizes that.

I would like a response in writing in regards to my letter within 5 business days to how the state of Washington can try to rule on how each individual person can be treated and that a patient can only receive 120mgs per day. I am here to tell the state of Washington that pain is different in each and every one of us like I stated above and some patients are worse than others. Each and every patient reacts differently to each drug on the market that is why there are so many different opiates out there today. If every patient had the same chronic decease and the same pain level then there would only be one opiate out on the market today and each patient would receive the same prescription. We all know that is not the case with chronic pain.

The Payette clinic monitors my opiate prescriptions very closely with urine test; pill counts monthly and random pill counts. I would also like to inform the state of Washington that I wish I did not have the chronic decease so I did not have to take any opiates. I am sure there are several other patients out there that feel the same as I do.

I would like the state of Washington to know that they can not know what a patient can or should take because if the state of Washington had chronic pain they would look at this differently. Truly no one person ever knows until they have been there. Chronic pain is a LIVING HELL. Without an opiate contract because I went through it for over a year before the doctor found out what was wrong with me.

I want to thank the state of Washington again for their concern but the Payette clinic monitors my medication very closely.

I personally feel no person can understand chronic pain until they personally have lived with it themselves! It is a LIVING HELL. I KNOW I HAVE FIBROMYALGIA a chronic decease.

As a chronic pain suffer a patient should get what they need to lead a productive life as long as their opiate contract is monitored by their doctor/nurse no matter what the dosage is because again everyone is different.

I look forward to hearing from the state of Washington.